



# Life YOUiversity

Quality personal and family life skills education for the military community.

## Dr. Sharon Cooper To Address the Fort Myer Military Community

*By: Karen St.Pierre, Training Coordinator, ACS Family Advocacy Program, Fort Myer*

The Fort Myer military community is proud to welcome back acclaimed speaker Dr. Sharon Cooper. A 21 year veteran and retired Colonel in the US Army, Dr. Cooper currently is an adjunct Professor of Pediatrics at the University of North Carolina, Chapel Hill School of Medicine, and is the executive director of Developmental & Forensic Pediatrics, P.A., a consulting firm which provides clinical care for children with disabilities or who are victims of child maltreatment.

The scope of her practice includes close association with city, county, federal and military court systems. She functions as an expert witness in the areas of General Pediatrics, Developmental Pediatrics, Forensic Pediatrics, and provides training for military and civilian physicians, law enforcement officers, social workers, psychologists, chaplains, attorneys and judges who handle child maltreatment cases. She is an instructor for the Army Medical Education Department College and School, Soldier & Family Support Branch of the Department of Preventive Health Services, which provides multidisciplinary training for all professionals who identify, treat and track child maltreatment cases in the military. She also instructs on Internet Crimes Against Children for the National Center for Missing and Exploited Children in Alexandria, Virginia.

On June 27th Dr. Sharon Cooper will be here to address our community. Servicemembers, commanders, professionals, civilians and family members are all invited to share in this opportunity to participate in this enlightening seminar. The topics of discussion will center around Internet Crimes Against Children, and Appropriate Interventions for Military Families. This event is free, but requires pre-registration. We encourage you to mark your calendars to join us. For more information and to pre-register, contact the Fort Myer Family Advocacy Program at (703) 696-3512.

Volume 6, Issue 5

June / July  
2006

**All classes require early registration unless otherwise indicated. Registration information is included with each class description. Most classes are open to all Service members, their family members, and DoD civilians.**

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*For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.*



*To advertise your program, event or class in this bulletin, contact:*

**Karen St. Pierre  
(703) 696-3512  
Stpierre@fmmc.army.mil**

# PARENTING

NEW

## Andrews Air Force Base, Maryland

### **Tips for Parenting Children of Deployed Members**

**Date(s):** Pending for summer of 2006

**Time:** To Be Announced

**Location:** Family Advocacy Office, Bldg R56, Andrews Air Force Base

**POC:** Ms. Joyce Cravin

**For information call (240) 857-8153.**

This class will provide helpful information about concerns children of deployed members may experience and how to help them.

## Fort Belvoir, Virginia

### **Play Mornings**

**Date(s):** Every Thursday

**Time:** 9:30—11:30 a.m.

**Location:** CYS Activities Bldg. 1003, Fort Belvoir

**Group Leader:** Ms. Melissa Cole

**For information call (703) 866-1028;**

**for registration call (703) 805-4590.**

Parents and children 6 years and under are invited to join in group activities designed to encourage positive parent-child attachments, stimulate physical growth and brain development, while creating meaningful experiences for a lifetime. Immunization records required for all children and a blanket for infants.

### **ACS Play Morning**

**Date(s):** June 6, 2006

**Time:** 9:00—11:00 a.m.

**Location:** TBA

**Instructor:** Ms. Andrea Forrest

**To register, call (703) 805-2693.**

This program helps foster social interactions between children ages 0-6.

### **Single Parenting Group Activity**

**Date(s):** June 15, 2006

**Time:** 5:30—6:30 p.m.

**Location:** Sosa Community Center, Room #1, Bldg 200, Fort Belvoir

**Instructor:** Mr. Thomas Johnson

**To register, call (703) 805-2631.**

This group will meet monthly and provide a support network and resources to single parents.

## Fort Meade, Maryland

### **Romp-n-Stomp Playgroup**

**Date(s):** Tuesdays

**Time:** 9:30—11:00 a.m.

**Location:** Bldg 909, Reece Rd., Fort Meade

**Instructor:** Ms. Sherri Collins

**For information, call (301) 677-5590.**

This program offers parents and children, up to age 5, a variety of toys, equipment, books, learning activities and arts & crafts projects to help children develop their fine and gross motors skills and social skills.

## Fort Myer, Virginia

### **Developmental Play**

**Date(s):** Every Wednesday

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Child Development Center Multi-Purpose Room, Bldg 469, Fort Myer

**Group Leader:** Ms. Fran Herron, L.P.C.

**To register, call (703) 696-3512.**

Activities for parents and children ages 1-5 which focus on cognitive, physical and social skills through imaginative play, art, story telling and music. This interactive setting also helps develop parent/child bonding and parental support. Registration is required.

### **Active Parenting Now**

**Date(s):** Six Tuesday's June 6-July 18, 2006

**Time:** 4:00—6:00 p.m.

**Location:** Library, Bldg 469

**Instructor:** Ms. Fran Herron, L.P.C.

**To register, call (703) 696-3512.**

During these 6 weeks parents will learn how to be an active parent, win children's cooperation, develop responsibility, how to build courage, character and self esteem in your child and much more.

### **Parenting With Cooperation**

#### **For Separated & Divorced Parents**

**Date(s):** June 19, 2006

**Time:** 1:00—3:00 p.m.

**Location:** Army Community Service, Room 14, Bldg 201, Fort Myer

**Instructor:** Ms. Fran Herron, L.P.C.

**To register, call (703) 696-3512.**

This session from the "Cooperative Parenting and Divorce" program will provide participants an opportunity to review their commitment in ensuring a "child-focused" environment to raise their children. Through group interaction, the session will highlight the importance of maintaining a positive parental relationship in spite of the difficult adult issues associated with separation and divorce.

### **Budgeting for Baby & Baby Bundles**

**Date(s):** July 7, 2006

**Time:** 1:00—4:00 p.m.

**Location:** Army Community Service, Bldg 201, Fort Myer

**Instructor:** Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

**To register, call (703) 696-3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.

### **Car Seat Inspection Checkpoint**

**Date(s):** July 29, 2006

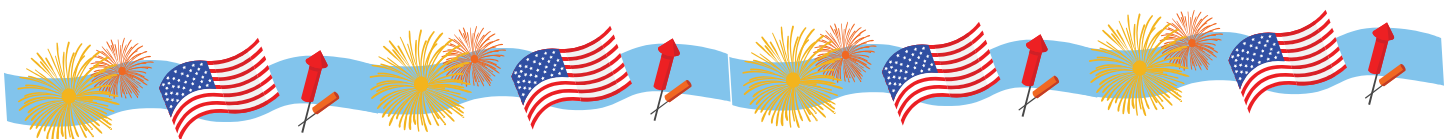
**Time:** 4:00—6:00 p.m.

**Location:** Fort Myer Fire Department

**Sponsor:** Fort Myer Police Department and Army Community Service

**For information call (703) 696-5211.**

The MP's will conduct a safety inspection of child car seats and ACS will provide safety information and literature.



## HEALTH & FITNESS

### Fort Belvoir, Virginia

#### Managing Your Emotions Group

**Date(s):** Six Tuesday's June 13—July 18, 2006

**Time:** 6:00—7:00 p.m.

**Location:** Army Community Service, Bldg 210, Fort Belvoir

**Instructor:** Mr. Thomas Johnson

**To register, call (703) 805-2631.**

Participants will learn alternate ways of managing anger, reducing inappropriate angry outbursts, and differentiating assertiveness from aggressiveness.

#### Stress Management

**Date(s):** June 17, 2006 & June 21, 2006

**Time:** 12:00 noon—1:00 p.m.

**Location:** Sosa Community Center, Bldg 200, Fort Belvoir

**Instructor:** Mr. Thomas Johnson

**To register, call (703) 805-2631.**

Participants will learn to identify and recognize their stressors and understand the impact of stress on everyday life.

### Fort Myer, Virginia

#### Tobacco Cessation

**Date(s):** By Appointment

**Time:** By Appointment

**Location:** Rader Clinic, Bld 525, Room 250-6

**Instructor:** Dr. Shanwanda George

**For appointment, call (703) 696-7924.**

Want to stop smoking? Chewing? Dipping? Tobacco cessation counseling is available in three individual sessions to those individuals enrolled to a Military Treatment Facility. No referral is required.



#### Medication Management Services

**Date(s):** By Appointment

**Time:** By Appointment

**Location:** Rader Clinic, Bld 525, Room 250-6

**Instructor:** Dr. Shanwanda George

**For appointment, call (703) 696-7924.**

The pharmacist is available to discuss why and how to properly take your medications.

#### You Are In Control

**Date(s):** July 6, 13, 20, 27, 2006 & August 3, 10, 2006

**Time:** 9:00 —10:00 a.m.

**Location:** Army Community Service, Room 14, Bldg 201, Fort Myer

**Instructor:** Dr. John Lucero, Ph.D.

**To register, call (703) 696-3456.**

This successful series teaches participants how to recognize angry reactions and how to reduce negative emotional reactions and the physical symptoms that accompany anger by developing problem-solving skills, setting boundaries, and enhancing communication in order to have a sense of self-control.

### Walter Reed Army Medical Center

#### Lifestyle and Fitness Fair

**Date(s):** June 21, 2006

**Time:** 9:00 a.m. – 2:00 p.m.

**Location:** Walter Reed Hospital, Second floor Hospital Verandah

**Instructor:** Ms. Tina Collier and Ms. Glenda Guy

**For information, call (202) 782-0537/3390.**

The purpose of this fair is to promote fitness, overall health and bring awareness.

## EXCEPTIONAL FAMILY MEMBER SERVICES

### Fort Belvoir, Virginia

#### Exceptional Family Member Respite Care Services

**Location:** Army Community Service, Bldg 210, Fort Belvoir

**POC:** Ms. Alma Keating

**For more information, call (703) 805-2967.**

EFMP families assigned to Fort Belvoir may receive up to 10 hours per month of free respite care services for those who qualify.

#### Exceptional Family Member Saturday Swim

**Date(s):** Every Saturday

**Time:** 1:00—3:00 p.m.

**Location:** Benyard Indoor Swimming Pool, Gay Rd. Bldg 183, Fort Belvoir

**POC:** Ms. Alma Keating

**To register, call (703) 805-2967.**

Free open swim for the entire EFMP family.

#### Exceptional Family Member Family Arts & Crafts

**Date(s):** Every 3rd Saturday of the month

**Time:** 1:00—3:00 p.m.

**Location:** Army Community Service, Bldg. 210, Fort Belvoir

EFMP families join together for a day of arts & crafts for the entire family. Different projects each month. Snacks provided.

#### Teen Bowling

**Date(s):** Every 2nd Saturday of the month

**Time:** 12:00—2:00 p.m.

**Location:** Fort Belvoir Bowling Center

**POC:** Ms. Alma Keating

**To register, call (703) 805-5435/2967.**

EFMP pays for one free game of bowling giving parents & teens an opportunity to fellowship together.

#### Parent Support Group

**Date(s):** Every 1st Saturday of the month

**Time:** 1:00—3:00 p.m.

**Location:** Army Community Service, Bldg 210, Fort Belvoir

**POC:** Ms. Alma Keating

**To register, call (703) 805-2967.**

This group provides an opportunity for parents with special needs children to support each other and to receive resource information. Childcare not provided.

#### Rights & Responsibilities

Need information about your rights and responsibilities concerning disabilities?



Contact Your  
Exceptional Family Member  
Program Manager

Fort Myer . . (703) 696-3510  
Fort Belvoir. (703) 805-2967  
Fort Meade . . (301) 677-5590  
WRAMC. . . (202) 782-3390

# HOME, MARRIAGE & MONEY MANAGEMENT

NEW

## Andrews Air Force Base, Maryland

### Marriage Enrichment Seminar (PREP)

**Date(s):** July 22, 2006

**Time:** 9:00 a.m. – 4:00 p.m.

**Location:** Airman & Family Readiness Center, Andrews Air Force Base

**Instructor:** Ms. Ramona Hawkins & Seconda Moore

**To register, call (240) 857-9680.**

This seminar helps couples improve communication with their spouse without arguing and learn effective problem solving techniques.

### Remedial Check Writing

**Date(s):** June 12, 2006

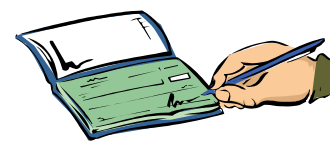
**Time:** 11:00—12:30 p.m.

**Location:** Army Community Service, Bldg 201, Fort Myer

**Instructor:** Fort Myer Consumer Educator

**To register, call (703) 696-3510.**

Learn the ABCs of checkbook maintenance.



## Fort Belvoir, Virginia

### English as a Second Language Class (ESL)

**Date(s):** Every Tuesday

**Time:** 1:00—3:00 p.m.

**Location:** Education Center, Room 119, Fort Belvoir

**Group Leader:** Ms. Patty Barron

**For information, call (703) 696-3510.**



### US Citizenship

**Date(s):** Every Monday

**Time:** 5:00—7:00 p.m.

**Location:** Army Community Service, Bldg 210, Fort Belvoir

**Instructor:** Ms. Patty Barron

**To register, call (703) 696-3510.**

This class is for students preparing to take the citizenship examination.



## Fort Myer, Virginia

### Budget & Record Keeping

**Date(s):** June 6, 2006

**Time:** 11:00 a.m. — 1:00 p.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer

**Instructor:** Ms. Alanah Lavinier

**To register, call (703) 696-3510.**

Learn the essential tools for budgeting and record keeping.



### PCS to Korea

**Date(s):** June 7, & July 5, 2006

**Time:** 9:00—10:00 a.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer

**Instructor:** Ms. Gwen Smallwood

**To register, call (703) 696-3510.**

Learn about relocation resources specific to Korea.



### Dr. Cooper Speaks

**Date(s):** June 27, 2006

**Time:** 8:30 a.m. — 12:00 p.m.

**Location:** Community Center, Bldg 405, Fort Myer

**Instructor:** Dr. Sharon Cooper

**To register, call (703) 696-3512.**

Retired army officer, and forensic pediatrician, Dr. Sharon Cooper, addresses the topics of Internet crimes Against Children and Appropriate Interventions for Military Families. This workshop is open to all ID card holders and local professionals. Pre-registration is required.



### First Termers Mandatory Money Management

**Date(s):** June 27, & July 25, 2006

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Army Community Service, Bldg. 201, Fort Myer

**POC:** Ms. Janice Fields

**To register, call (703) 696-3510.**

This one-day overview of financial preparedness is geared toward first-term Service members, but open to others.

### Sponsorship

**Date(s):** June 7, & July 11, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Army Community Service, Bldg 201, Fort Myer

**Instructor:** Ms. Gwen Smallwood

**To register, call (703) 696-0026**

Do you like to meet new people and make new friends? Why not consider being a sponsor. Come find out what sponsorship is about and how it helps our military community.



### Home Buying Seminar

**Date(s):** June 28, & July 26, 2006

**Time:** 11:30 a.m.—1:00 p.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer

**Instructor:** Mr. Jeff Thomas

**To register, call (703) 696-3510.**

Learn the fundamentals of home buying. Feel free to bring a brown bag lunch.



## HOME, MARRIAGE & MONEY MANAGEMENT (CONTINUED)

### **Debt Liquidation**

**Date(s):** July 19, 2006

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer

**Instructor:** Ms. Alanah Lavinier

**To register, call (703) 696-3510.**

Learn strategies to manage and reduce debt. Feel free to bring a brown bag lunch.



**POC:** Mr. Jeff Thomas.

**To register, call (703) 696-3510.**

Learn what your credit score numbers mean and how they affect you. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

### **Budgeting for Baby & Baby Bundles**

**Date(s):** July 7, 2006

**Time:** 1:00—4:00 p.m.

**Location:** Army Community Service, Bldg 201, Fort Myer

**Instructor:** Ms. Alanah Lavinier & Ms. Fran Herron, L.P.C.

**To register, call (703) 696-3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood.



### **ID Theft**

**Date(s):** July 18, 2006

**Time:** 11:00 a.m.—1:00 p.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer

**Instructor:** Mr. David Hobbs

**To register, call (703) 696-3510.**

Topics cover ways that ID theft occurs, what to do if you are a victim of ID theft, and how to safeguard yourself against ID theft. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.



### **What Planet Is Your Sweetheart From?**

**Date(s):** July 22, 2006

**Time:** 9:30 a.m. — 1:30 p.m.

**Location:** Army Community Service, Room 14, Bldg 201, Fort Myer

**Instructor:** Ms. Fran Herron, L.P.C. & Ms. Patti Wells

**To register, call (703) 696-3512.**

This course begins with participants filling out a Myers Briggs Personality Type Inventory. During the course students will learn their personality types, what they mean and how they may effect their relationships with others.



### **Understanding Your Credit Score**

**Date(s):** July 7, 2006

**Time:** 11:30 a.m.—1:00 p.m.

**Location:** Army Community Service Classroom, Bldg 201, Fort Myer



## CHILDREN'S PROGRAMS

### **Fort Myer Library, Virginia**

#### **Children's Summer Reading Club: "America Is..."**

**Date(s):** July 5, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Open to children ages 3-12. Children can read aloud, make a collage and pick up a summer reading log.

#### **Children's Summer Reading Club:**

##### **"So You Want to be President"**

**Date(s):** July 12, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Open to children ages 3-12. Children can read aloud, make a campaign poster and receive reading awards.

#### **Children's Summer Reading Club: "Liberty"**

**Date(s):** July 19, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Open to children ages 3-12. Children can read aloud, make a liberty crown and receive reading awards.

#### **Children's Summer Reading Club:**

##### **"Mommy./Daddy You're My Hero"**

**Date(s):** July 26, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Open to children ages 3-12. Children can read aloud, make stick puppets and receive reading awards.

#### **Children's Summer Reading Club:**

##### **Scrambled States of America**

**Date(s):** August 2, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Open to children ages 3-12. Play a state matching game, read aloud and receive reading awards.

#### **Children's Summer Reading Club: America's Promise**

**Date(s):** August 9, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Library, Bldg 469, Fort Myer

**Instructor:** Ms. Mary Darden & Ms. Tracy Minyard

**To register, call (703) 696-0212.**

Program finale. Reading awards, face painting and party. Open to children ages 3-12.

## EMPLOYMENT READINESS

NEW

### Fort Meade, Maryland

#### Resume Writing

**Date(s):** June 13, & July 11, 2006

**Time:** 9:00—11:00 a.m.

**Location:** Army Community Service, 830 Chisholm Ave; Fort Meade

**Instructor:** Ms. Phyllis Wheeler

**To register, call (301) 677-5590.**

This workshop, ideal for first time resume writers, but with something for everyone, will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume. Please call for reservations and classroom location.

#### Career Exploration

**Date(s):** July 13, 2006

**Time:** 9:00—12:00 noon

**Location:** Army Community Service, 830 Chisholm Ave; Fort Meade

**Instructor:** Ms. Phyllis Wheeler

**To register, call (301) 677-5590.**

Have you wondered what kind of career would suit your personality, values, and interests? Then this class is for you! Please call for reservations and classroom location.

**To register, call (703) 696-0168.**

Participants review various types of resumes, cover letters and thank you letters before completing their own resume.

#### Interviewing Skills

**Date(s):** June 16, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service Bldg 201, Fort Myer

**Instructor:** Ms. Melanie Kordis

**To register, call (703) 696-0168.**

Prepares participants for the interviewing process including creating good impressions and responses to common and difficult interview questions.



#### Self Employment

**Date(s):** June 23, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service Bldg 201, Fort Myer

**Instructor:** Ms. Melanie Kordis

**To register, call (703) 696-0168.**

Introduction to basic concepts associated with self-employment. The first step!

### Fort Myer, Virginia

#### Job Search Strategies

**Date(s):** June 2, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service Bldg 201, Fort Myer

**Instructor:** Ms. Melanie Kordis

**To register, call (703) 696-0168.**

Overview of the job search process. Provides participants the opportunity to develop a personal strategy.



#### Resume Writing

**Date(s):** June 9, & July 7, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service Bldg 201, Fort Myer

**Instructor:** Ms. Melanie Kordis

#### Federal Employment System

**Date(s):** June 30, & July 14, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service Bldg 201, Fort Myer

**Instructor:** Ms. Melanie Kordis

**To register, call (703) 696-0168.**

Learn practical information to assist you in securing a federal job position.

#### JETS Job Fair

**Date(s):** July 28, 2006

**Time:** 10:00 a.m.—2:00 p.m.

**Location:** Spates Community Club, Fort Myer

**POC:** Ms. Dale Jovero & Ms. Dawn Ruth

**For information, call (703) 696-2552/3279.**

The Joint Employment Transition Services and USO sponsor this job fair. Bring your resumes and no children please.

## FIRST ANNUAL MILITARY SPOUSE CAREER EXPO

**JUNE 17, 2006 8:30 A.M.—5:00 P.M.**

**SOSA RECREATION CENTER, FORT BELVOIR**

THIS PROGRAM IS DESIGNED TO EMPOWER MILITARY SPOUSES THROUGH INFORMATION, MOTIVATION AND SKILL DEVELOPMENT LEADING TO SOUND CAREER CHOICES. PRESENTATIONS INCLUDE FEDERAL JOBS, SELF-EMPLOYMENT AND ALTERNATIVE CAREERS. ATTENDANCE IS FREE TO ANY MILITARY SPOUSE, BUT REGISTRATION IS REQUIRED—CONTACT VICKI MULLEN (703) 805-2605

## PENTAGON JMAC

### ***A Headstart to Germany***

**Date(s):** June 12, 2006

**Time:** 1:00—2:00 p.m.

**Location:** Room 1E288, Pentagon

**Instructor:** Ms. Teresa Wallage

**To register, call (703) 692-7735.**

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians who are relocating to Germany.

### ***VHDA Home Ownership***

**Date(s):** June 15, 2006

**Time:** 12:30 — 2:30 p.m.

**Location:** Room 2C554, Classroom # 5, Pentagon

**Instructor:** Mr. Terry Beltz

**To register, call (703) 692-7735.**

Topics cover budgeting, credit, the loan process, home inspections, the loan closing process and closing documents. There must be a minimum of 7 participants to conduct this class.

### ***Japan—A Relocation Workshop***

**Date(s):** June 19, 2006

**Time:** 2:00 — 3:00 p.m.

**Location:** Room 1E288, Pentagon

**Instructor:** Ms. Teresa Wallage

**To register, call (703) 692-7735.**

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians who are relocating to Japan.

### ***Secrets of Using Credit***

**Date(s):** June 20, 2006

**Time:** 12:00 — 2:00 p.m.

**Location:** Room TBA, Pentagon

**Instructor:** Mr. David Hobbs

**To register, call (703) 696-3510.**

Learn how to use credit wisely. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

### ***Investments & Retirement Planning***

**Date(s):** June 21, & July 18, 2006

**Time:** 11:00 a.m. — 1:00 p.m.

**Location:** Room TBA, Pentagon

**Instructor:** Mr. Tony Pao

**To register, call (703) 696-3510.**

Learn great financial information on the different types of life insurance and long term care insurance, business insurance and safeguarding your business, investing for retirement, and understanding your Thrift Savings Plan. There must be a minimum of 7 participants to conduct this class. Feel free to bring a brown bag lunch.

### ***Resume Writing***

**Date(s):** June 22, 2006

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Room 2C544, Pentagon

**Instructor:** Ms. Melanie Kordis

**To register, call (703) 696-0168.**

Participants review various types of resumes, cover letters and thank you letters before completing their own resume.

### ***A Headstart to Korea Class***

**Date(s):** July 10, 2006

**Time:** 1:00—2:00 p.m.

**Location:** Room 1E288

**Instructor:** Ms. Teresa Wallage

**To register, call (703) 692-7735.**

Receive pre-deployment information designed to make your move easier on you and your family. This class is for all military, family members, & DoD civilians that are relocating to Korea.

### ***Iraq Customs & Culture***

**Date (s):** July 17, 2006

**Time:** 2:00—3:00 p.m.

**Location:** Room 1E288

**Instructor:** Ms. Patty Barron

**To register, call (703) 696-692-7735.**

This overview of Iraq customs and cultures helps family members who have a service member deployed to the area. Obtain resources, checklists and much more information to ease the process of pre-deployment and deployment.

# Come Celebrate With Us

## ACS 41st Birthday

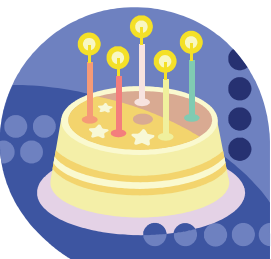
**July 21, 2006**

**11:30-1:00**

**ACS Building 201**

**Fort Myer**

**For general or disabled access, and information, call  
(703) 696-3510 or TTY (703) 696-4675.**



**Life YOUniversity**  
Army Community Service  
201 Custer Road  
Fort Myer, VA 22211-1199  
ACCT 64

Phone: 703-696-3512  
Fax: 703-696-1201  
Email: Karen.Stpierre@us.army.mil



## Ticket Line (703) 696-2551



The symbols below indicate classes carrying incentives for participants from the respective communities of Fort Myer and Fort Belvoir.

**WIN** (Why I'm Needed). Fort Belvoir soldiers & family members who earn 5 WIN credits are eligible for a 10% discount at the Fort Belvoir Child Development Center. For more information, contact (703)805-3980.



**VIP** (Very Informed Parent). Fort Myer soldiers & family members earning 5 VIP points are eligible for a VIP T-shirt and a number of other incentives as they become available. For more information, contact (703)696-3512.



Fort Myer Child Development Center parents who earn 5 points are eligible for a 10% discount for the month. For more information contact, Ann Daffin (703) 696-3095.



Classes earn military promotion points. Call for details.



### MOVIES

See movies prior to DVD/VHS release dates  
Sunday & Monday evenings  
Community Center, Bldg 405, Fort Myer

Call for schedule  
(703) 696-0958

